



The Martha Messenger

Community Newsletter of the Martha T. Berry MCF

May 2010

Volume 18

National Nursing Home Week: Enriching Every Day



We Honor Our Nurses In A Special Way This Month

Nurses are often present at the most important times in our lives. They are there to welcome the newborn and to tend to the dying. Nurses are present when we are seriously ill and as we grow old. At all stages of our lives, when we seek medical care, nurses are there instructing, comforting, listening and healing. Is it any wonder then, that a special week is set aside every year, in which to honor nurses in a special way? This year, May 6-12 has been designated **National Nurses Week** in celebration of the contribution nurses make to the quality of our lives. Many people think that nursing started with Florence



Laura Brundirks, Director of Nursing and **Betty Rapaski** Assistant Director of Nursing at Martha T. Berry MCF

Nightingale but actually, it is an old profession, going back to ancient times and shaped by different cultures and societies. In ancient Rome, there were noble women who tended the sick. In the Middle Ages, the care of the sick was the domain of the church and groups of religious men and women were organized for this purpose. War has played a major role in the development of the Nursing Profession since caregivers were needed for the injured during wartime. It is generally held true that Florence Nightingale did change the history of nursing during the Crimean War by setting standards for the training of nurses and by opening the first formal organized teaching program for nurses.

Graduates of this program were highly respected for their skills and were sought after by hospitals. In turn, these nurse graduates trained other nurses and nursing began its ascent to the status of a profession. Nursing continues to evolve with new demands and areas of specialization. Today, nurses fill a much needed place in the medical field.



Mary Lou Glover and **Dr. Yedulla** discuss resident care in the charting room. Today's nurses provide valuable assistance to the physicians and share in decision making with them



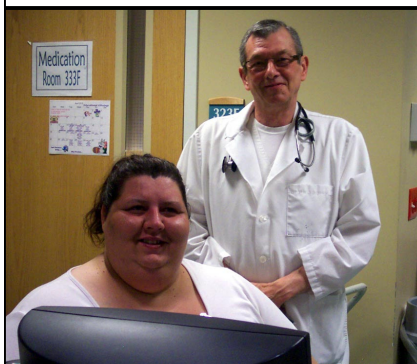
Cathy Fisher, Tom Taylor and Diane Tardiff, proud members of today's Nursing Profession, serve the residents of Martha T. Berry with their nursing skills and abilities.

Nurses work in a variety of settings: hospitals, nursing homes, home health care, day care, and rehabilitation centers are among the most common areas in which nurses are needed. There are two kinds of nursing designations in the United States, the Registered Nurse (RN) and the Licensed



Liz Carlo is Shift Supervisor during the evening shift.

Practical Nurse (LPN). In some states, the Licensed Practical Nurse is called the Licensed Vocational Nurse. While both RNs and LPNs perform many of the same duties, there is a difference in their training and preparation. The training program for the RN has more theory or more of the “why you do something the way you do” as compared to the LPN program which is more “task oriented”. For one wanting to become an RN, there are three levels of entry. Some hospitals have a diploma program where one can train for an RN on the job. This sort of nurses’ training used to be quite widespread but today this kind of training is no longer



Jean Thacker and **Tom Baynes**, like all present day nurses, are proficient in the use of the computer as they carry out daily assignments.

offered. Today most RNs receive either an Associates Degree in Nursing or a Bachelor of Science in Nursing. The Associates Degree is a two year program which is pursued at a community college such as Macomb County Community College or Oakland Community College. The Bachelor of Science Degree takes four years and is earned in a university program. The student is taught to be a nurse no matter which program is selected. However, the



Nicole Brown's smile is an indication of the satisfaction she finds in her nursing career.

BSN program offers more opportunity for advancement. To become an LPN takes one or two years of study and a degree is not required although a certificate or diploma is issued. Both RNs and LPNs take a national exam for their area in order to become certified. No matter which path an individual selects in order to become a nurse, the program will be challenging and will require a great deal of study time and an excellent grasp of nursing concepts.

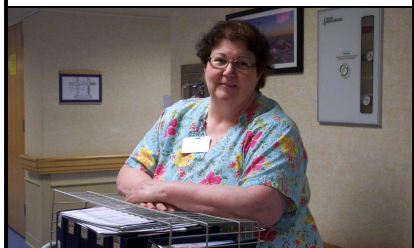
When asked why he/she became a nurse, many individuals state that they wanted to do something to aid or help others, to be of service to others, to



Diane Tardiff and **Connie Vandenberghe** start the day with a smile.

do good for society, all noble reasons and the career choice certainly does provide for altruistic service. However, there are some very practical reasons why nursing is a good profession. It offers a great deal of job security. Nurses will always be needed and today, more than ever, there is a demand for nurses. They can't be replaced by machines. There will never be a robotic nurse rolling down the halls, caring for the sick so it is a choice that offers a great deal of job security.

The Nursing Profession continues to evolve and today we find it not uncommon to find men in the profession. Nurses continue to specialize and there are Masters Degree programs leading to Nurse Practitioner as well as other specialties such as Anesthesia and Nurse Midwife. It has been said that nursing is among the oldest of arts and the



Barbara Peters carefully checks charts during the course of the day.



Christine Trevarrow recently joined the nursing staff at MTB.

youngest of professions as the nurses of today continue to find greater demands placed upon them, to become more and more specialized and to be more involved in decision making in the medical fields. What kind of person becomes a nurse? When asked what qualities they look for in the nurses they hire, Laura Brundirks and Betty Rapaski, our Nursing Director and Assistant Director, stated that a nurse must be "caring and compassionate, must be motivated, organized, law abiding as well as dedicated and respectful." It is no small thing to be a nurse. When asked about the quality of a hospital stay, the former patient will almost always comment about the nursing care he/she received. It is the nurse who comes in to administer pain relieving medication and who stays behind in the room



Carrie Polchowski and Susan Isrow work midnights while most around them are fast asleep.

for a moment to offer a few comforting words. It is the nurse who checks on the patient, alone and perhaps frightened, in the dark of night and who offers reassurance along with care. It is the nurse who is the link between the physician and the patient and who teaches, aids, assists, and comforts. And so we honor nurses in a special way this month but they are always deserving of recognition for their position in and service to society. As we honor nurses in



Cerry Kenny, Denise Wilson and Margaret Ferro are all members of the 3A unit.

general, let us also appreciate, in a special way, the nurses and nursing assistants who elect to work in nursing care facilities. These dedicated caregivers are not awarded the glamour that an Emergency Room Nurse or an Operating Room Nurse receives. There are no exciting TV series about nursing homes and the work performed there. One can find spell binding stories that take place in a hospital setting. Have you ever read or even heard of a "nursing home novel?" However, the nurses who staff nursing homes provide a positive and nurturing environment for so many in need of care. When asked why they have selected to work at MTB, our nurses state that the nursing



A smiling group of Martha T. Berry Nurses poses for the camera during 2010 National Nurses Week.

home environment provides a more satisfying patient/caregiver relationship. One gets to know the residents and their families and they become your family as well. They make a long term difference in the lives of the aged, the frail, and the ill. They contribute to and enrich the quality of life for those for whom they care for on a daily basis. There is a sense of camaraderie that develops in a nursing home as staff works together and continues to grow together. Without nurses there would be no nursing homes and here we include our dedicated Nursing Care Assistants. We do not intend to exclude the CNAs as nursing caregivers in this article. Without CNAs, nursing homes could not provide the degree of compassionate care that they make possible. Next month, the Martha Messenger will be dedicated to the work of the CNAs and will recognize the value of their position in the field of nursing. This month, let us acknowledge, in a special way, the work the nurses in long term care facilities, especially our own RNs, LPNs, and CNAs and thank them for the daily care, compassion, and dedication they provide to our residents. We also acknowledge all who have chosen to serve the residents of MTB.

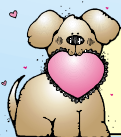
A Happy May Birthday To Our Residents

Robert Howells	May 1
Muriel Nemes	May 8
Viola Tracy	May 8
Mary Kelly	May 10
Kenneth Tepin	May 10
Stella Kopytek	May 17
Lori Steinbauer	May 18
Frederick Burmeister	May 24
Frank Graziani	May 24
Elizabeth Wegener	May 26

MAY ACTIVITIES

May 1	King of Kings Bingo	10:30 AM
May 4	Resident Council	2:30 PM
May 5	Visit from St. Paul School	10:30 AM
May 5	Birthday Bingo	2nd fl. 2PM 3rd fl. 3PM
May 6	Food Committee	2:00 PM
May 8	King of Kings Music Group	10:30 AM
May 13	Out Trip to Detroit River Walk	9:00AM-3:00 PM
May 15	Lioness Bingo	10:15 AM
May 22	King of Kings Bingo	10:30 AM
May 25	Out Trip MGM Casino	9:00 AM-4:30 PM
May 26	Dollar Store	2:00 PM
May 26	Cootie Bingo	7:30 PM

Pet-A-Pet Visits
Thursday May 27 Evening



Featuring Two Of Our May Birthday Residents



Betty Wegener loves to spend time in the lobby greeting and chatting with visitors. She has a smile for everyone.

Betty Wegener is always delighted to spend time in the lobby greeting visitors with her cheery “hello” and happy smile. She was born in Detroit in 1933 and lived there most of her life. She was second youngest of siblings Margaret, Gertrude, Louise, and Edward. She recalls Margaret wheeling her around in a buggy as she called out to passersby, “Hello, I’m Elizabeth!” Betty attended St. David Elementary and High Schools. As a child she loved to draw, go to religion class, play with dolls and with her poodle, Amber Bamber. Betty loved to attend church and to sing in the choir. After graduation from high school Betty worked as a switchboard operator and in a factory. She married Ray Brown to whom she remained married for ten years. Marcia was their only child. Betty says that she was a wonderful housekeeper and homemaker, an excellent cook and baker and a very good mom. Her daughter Marcia has two children, Kevin and Patrick, and they live in California. Betty is a proud grandmother and enjoyed flying to California for a visit some years ago. Betty loves cars

and was the proud owner of three of them, “not at the same time” she will be quick to tell you. She had a black Plymouth and a black Ford but enjoyed her pink Chrysler convertible most of all. Betty loved to dance at the Grande Ball Room and at the Vanity Ball Room where she met and danced with Gordie Howe. Now that she lives at MTB, Betty loves to play cards, rummy, king in the corner, watch TV and listen to classical music. She enjoys visits from her friend Bruno Poli whom she has known for the past 20 years. Betty asked that a special mention be made of her plan to donate her organs to science when she passes away. Betty is a personable and cheerful individual. She simply loves people and loves to chat with anyone who may be passing by. She is celebrating her birthday on May 26 and wants everyone to know that you will recognize her that day because there will be balloons tied to her wheelchair. She would be very happy if you stop by and visit any day but especially on her birthday. Have a wonderful day, Betty!

Here’s introducing **Lori Steinbauer** who will be celebrating her birthday on May 18th. Lori was a Roseville resident for most of her life and attended Lincoln Elementary, Guest Jr. High and Roseville High Schools there. She has one older brother, Peter, and they enjoyed board games, especially Monopoly and Life together as children. Lori loved collecting dolls and teddy bears. When a traveling carnival came to the



Lori Steinbauer looks forward to birthday visits from family.

neighborhood, you can be sure Lori could be found among the thrill seekers. She enjoyed the rides but most of all loved trying to win a stuffed bear at the game booths. Lori was an animal lover and fondly remembers her dogs Peppi the Pomeranian, Pudgy the German Shepherd, and Harvey the border collie. She presently has photos of them in her room. After high school graduation, Lori joined her brother in the landscaping business. As a young woman, Lori was engaged to be married but, sadly, her fiancée was killed in a motorcycle accident. Lori found it necessary to move to MTB because of the care she needs now and says that she is happy living here. She says that she “met some very nice people and has been able to make some very good friends here.” Lori spends time playing cards, watching TV and loves taking out trips. Lori finds the staff here kind and caring and appreciates being able to live here. She has one niece and one nephew and enjoy visits from her family. She would be happy to have you stop in for a birthday visit as well. We wish Lori a great birthday.



Residents' Corner

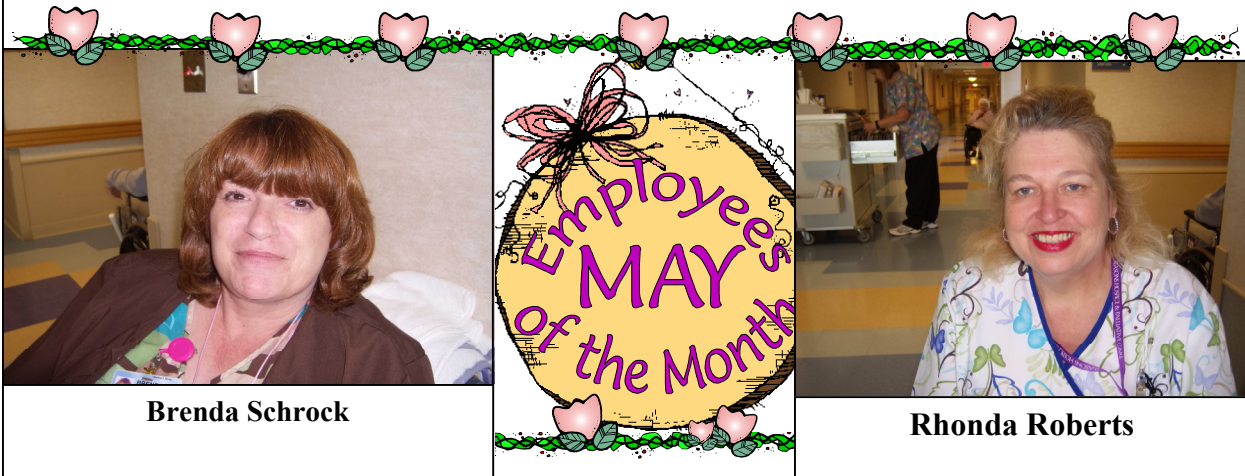


Minutes of the Resident Council Meeting
by Laurie Richards

The Resident Council met on Tuesday, April 6, 2010 with twenty five residence in attendance. AnnCrammer, Ombudsman for the Medicaid "My Choice" Program made a presentation and answered questions. Residents were informed that new CNAs are in orientation and will be assigned to floors upon completion. Resident designated computers, an oversized trackball computer mouse, and printers were discussed. Other items on the agenda included reheating of food, food temperature and the use of the microwave for reheating. Residents stated that some never are given the opportunity to participate in out trips. An out trip to the Detroit River Walk was suggested. Residents requested that Karaoke be reinstated and that the Life channel be added to Direct TV. Director of Nursing Laura Bundricks reported on the status of Sera Lifts (purchase of batteries requested and proper recharging procedure) and stated that all restorative nurse aide positions are currently filled. Residents nominated Brenda Schrock and Rhonda Roberts as Employees of the Month.

Thank You,

Laurie Richards



Brenda Schrock

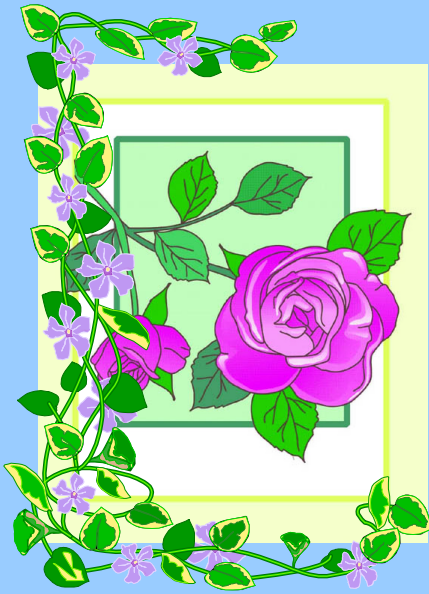
Rhonda Roberts

Congratulations to Brenda Schrock and Rhonda Roberts who have been nominated as Employees of the Month. Both have given many years of service to MTB. Rhonda's family members have also been long time MTB employees since her mom and dad worked here years ago. Her mom and grandmother both retired from MTB. Rhonda has been a CNA at MTB for 27 years. She loves working her and considers the residents her family. The residents have said "She loves us and we love her back." They say Rhonda is happy to help and is always smiling and cheerful. She is an avid dog lover as well as a nature lover. Rhonda loves to go to northern Michigan for fishing and to walk in the woods. **Brenda Schrock** has worked her for 23 years. For the first 15 years, Brenda was a CNA and for the past 8 she has worked in Activities. The residents say that Brenda is always happy to help and is instantly there whenever they call for help. Brenda loves animals, especially dogs. She enjoys reading and really loves to bake. She is a super, A+ baker and turns out fantastic treats. She enjoys having fun with her nieces and nephews. Congratulations; be sure to enjoy your reserved parking spot.

News About Nursing Month From the Editor

It was my intention to include photos of all our nurses, both RNs and LPNs in this issue of the Martha Messenger. Some of the photos were too blurred to use and consequently, some of the nurses were not featured in this issue. For this I apologize and want you to know that they were not intentionally omitted. Our CNAs are also certainly deserving of recognition during this month but there are far too many to include in this issue. The June issue will feature a tribute to the CNAs and I am asking for your help. Would residents and family members please submit names of CNAs whom they appreciate for their dedicated service at MTB. You can call me at 469-7099 or at 465-8529 and leave a voice mail message with the name of the CNA you are submitting, your name, and a phone number where you can be reached. Or, if you prefer, you can briefly state why you are nominating a CNA. Please call by May 31st. Thank you for your help.

Rita Shendel, Martha Messenger editor



In Loving Memory

Richard Damaske Stephen Sirko
 Marjorie Pair Marjorie Mancini
 Robert Thompson
 Doouglas Mialear
 Charles Gray Maria Cellitti

*Sincere Sympathy is Extended
 To Family and Friends*

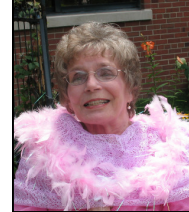
May Poem by Lenore Plowchan

*May 1st Is May Day- it's also Kentucky Derby.
 Ladies in their finery. Who shall the winner be?*

*May 9th Is Mother's Day- We salute moms everywhere.
 We give her gifts or send her flowers-all to show we care.*

*May 30th Is another race-Indianapolis 500. Who will get the checkered
 Flag after "Gentlemen start your engines"?*

*May 31st Is Memorial Day-They are so very brave. May brings us tulips
 And daffodils and other lovely flowers.
 Trees are budding, grass is green. Thank you, April Showers!*



*A Sincere Thank You To Our Sponsors, Who Through Their Kindness and Generosity, Make the
 Martha Messenger Possible:*

J. Weiss Denise Wilson Brenda Schrock Christine Cronan's Famil Pat Herman,
 Debbie Sutlon Mary Kelly Tom Murphy Ketty Cueter Cathy Lesniak
 Auriele Ozga The Shendel Cousins Susan Kozemko Ann Barraco
 Ceil and Arnie Brown Christine Kovich The Family of Margaret Bailey Litho Printing

Welcome To Our New Residents

Caroline Mattera

Lillie Burroughs

Olga Nachwostach

Marie Buhay

Frederick Burmeister

Delores Kacanowski

Frank LaGrutta

Ann Sopoliga

Elizabeth Rudish

Tammy Breeding

Genevieve Pendrock

Best Wishes To Those Who Have Returned Home

Norma Gondek

Harry Doll

Robert Uzdill

Ethel Vallee 🎵

Freda Obdziejewski

Geraldine Smith

Rosemarie Wieczorek

Helen Sepsis 🎵

Marlene Young



Denise Wilson 3A Unit Manager

A Martha T. Berry Success Story

Denise Wilson Began working as a CNA in 2003. She attended classes while working as a CNA for four years and earned her Registered Nurse certificate. She continued her work here as an RN and was recently promoted as Manager of Unit 3A! Denise says that nursing "is all about the care that you are able to give to our residents."

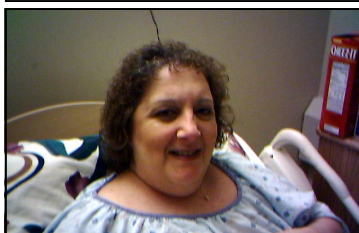
Congratulations to, Denise Wilson RN!

The MS Gang Rides Again

Recently, two members of the MS Gang requested permission to raise funds for the Multiple Sclerosis Society by sponsoring a 50/50 drawing at MTB. Julie Lynch and Robin Hofer rode through the halls in their wheelchairs asking staff, residents, and visitors to take part in the drawing. They were able to proudly send a check to the Multiple Sclerosis Society for the amount of their earnings. Julie's niece, Audry Moore, attends Fraser High School and organized a team to walk for Julie at a recent MS fundraiser. The team aptly named "Julie's Legs" participated in the MS Walk held at Troy High School on May 2, 2010. In the photo, Julie is seen surrounded by her team members. Audrey designed the orange shirts with "Fraser MS Walk" on the front and "Julie's Legs" printed on the back. Way to go, Julie, Robin, and MS supporters! The MS Gang vows to continue their MS fund raising efforts. Ride on, MS Gang, Ride on!



Julie Lynch



Robin Hofer



Julie Lynch and "Julie's Legs" team.